Abstract

Hypertrophic cardiomyopathy (HCM) is a disease of the myocardial septum. It causes thickening of the septum and can lead to obstruction of the left ventricular outflow tract. Patients may present with symptoms of dyspnea, dizziness, chest pain, or ventricular arrhythmias. The worst outcome of HCM is sudden cardiac arrest. The purpose of this paper is to describe the creation an evidence-based identification tool to allow for appropriate and timely identification of hypertrophic cardiomyopathy patients. A literature review was performed to evaluate the current level of evidence and find data related to signs and symptoms of HCM as well as appropriate and inappropriate echocardiogram measurements used to diagnose HCM. These findings were then incorporated into a flow chart, termed the identification tool, to help identify potential hypertrophic cardiomyopathy patients. Early identification of HCM patients will lead to referral to a cardiologist where appropriate care can be given and sudden cardiac arrest may be avoided.

Tara J. Whitmire, DNP, APRN
The University of Iowa